

INFORMATION PAPER

15 June 2012

SUBJECT: Child, Youth and School (CYS) Services Child Development Center (CDC)
Outbreak of Hand Foot and Mouth Disease.

PURPOSE: To provide an overview of Hand, Foot, and Mouth Disease as well as the measures to minimize further cases.

DISCUSSION:

The Hand, Foot, and Mouth Disease (HFMD) is a common non-life threatening viral illness that usually affects infants and children younger than 5 years old. However, it can sometimes occur in adults. Symptoms of HFMD include fever, blister-like sores in the mouth and skin rash.

HFMD is spread from person to person by direct contact with the infectious viruses (Coxsackievirus A16 and Enterovirus 71) that cause this disease. These viruses are found in the nose and throat secretions (such as saliva, sputum, or nasal mucus), fluid in blisters, and stool of infected persons. These viruses are spread when infected persons touch objects and surfaces that are then touched by others.

It takes three to six days before the symptoms appear after the person had been infected with these viruses. Infected persons are most contagious during the first week of the illness. The viruses that HFMD can remain in the body for weeks after a person's symptoms have gone away. This means that infected people can still pass the infection to others even though they may appear well. Also, some people who are infected and shedding the virus, including most adults, may have no symptoms.

There is no vaccine to protect against the viruses that cause this disease.

A person can lower their risk of being infected by

- Washing hands often with soap and water, especially after changing diapers and using the toilet.
- Disinfecting dirty surfaces and soiled items, including toys. First wash the items with soap and water; then disinfect them with a solution of chlorine bleach (made by mixing 1 tablespoon of bleach and 4 cups of water).
- Avoiding close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

If a person has mouth sores, it might be painful to swallow. However, drinking liquids is important to stay hydrated. If a person cannot swallow enough liquids, he or she must receive medical evaluation and treatment.

Child Development Center HFMD CASES:

As of 15 June 2012, 10 cases of HFMD have been diagnosed and confirmed in the CDC and between three different activity rooms - Infant 1 (3), Infant 2 (5), Toddler B (1) and one teaching staff who had been working in the Infant room.

ACTIONS TAKEN:

Force Health Protection-Preventive Medicine, the Army Public Health Nurse, and the garrison chain of command were notified and working with the CDC in providing the parents and the involved community the information about the infection.

PREVENTIVE MEASURES:

Although the infection is not life threatening, staff members practice strict hand washing as stated in AR 608-10 and the Center for Disease Control, sanitize and wash the toys used by children under three years old daily or more as needed, and limit scheduling of staff in various rooms.

READMISSION REQUIREMENTS:


Exclusion criteria include visible blisters on the hands and feet, fever, and inability to participate. Children must be evaluated by a physician before coming back to the CDC if they have been excluded.

References used

Center for Disease Control and prevention. Hand, Foot and Mouth Disease (HFMD)
<http://www.cdc.gov/hand-foot-mouth/about/prevention-treatment.html>; Managing Infectious Diseases in Child Care and Schools, 2nd edition

Prepared by: Ms. Claudette Mohn/USAGY CYSS Coordinator

APPROVED BY:



Hee-Choon S. Lee
COL, MC
Chief, Force Health Protection and
Preventive Medicine
65th Medical Brigade